

My Weight Loss Surgery: What will I eat in the hospital?

You will be transferred to a hospital room to recover after your surgery. You do not need to order food while you are in the hospital. The kitchen will send you trays on a schedule while you are admitted.

Day of Surgery – Bariatric Stage 1 Clear Liquid Diet:

You will be on a clear liquid diet on the day of your surgery. You will be sent water and sugar-free, caffeine-free, non-carbonated beverages: sugar-free juices, broth, herbal tea.

- Sip on fluids **slowly**.
- Do not use straws.
- Do not gulp.
- Stop drinking when you feel full.

Day after Surgery – Bariatric Stage 2 Full Liquid Diet:

You will be advanced to a full liquid diet on the day after your surgery. You will receive 3 trays daily that have clear liquids and protein shakes.

- Trays will be sent to you. You will not call or order food.
- Each tray will have an Ensure Max Protein drink and sugar-free clear liquids.
- Sip on fluids **slowly**.
- Do not use straws.
- Do not gulp.
- Stop drinking when you feel full.
- Drink what you can comfortably finish. Do not worry if you do not finish the liquids on your tray.
- Aim for 8 cups of fluid sipped slowly throughout the day.

Before you leave the hospital:

A registered dietitian will come to your room to discuss your diet advancement.

After you leave the hospital:

If you have diet questions once you are home, call the bariatric clinic at 415-353-2161.